

CLEAN VERSION OF NEWLY ADDED CLAIMS:

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7. An exercise apparatus, comprising:  
a base;  
a first pulley mounted on the base;  
a second pulley mounted on the base;  
a spring interconnected between the first pulley and the second pulley;  
left and right links mounted on the base for movement in a first direction relative to the base, wherein the left and right links are linked to the first pulley; and  
left and right foot supports mounted on respective said links for movement in a second, generally perpendicular direction relative to the base, wherein the left and right foot supports are linked to the second pulley.
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8. The exercise apparatus of claim 7, further comprising a second spring interconnected between the base and one said pulley.
9. The method of claim 8, further comprising a means for selectively adjusting the effective length of the second spring.
10. The method of claim 7, further comprising a means for selectively adjusting the effective length of the spring.